

NAME : _____

CLASS : _____

DATE : _____

1. What is food addiction?

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| ☐ A | Food addiction is a condition that only affects overweight individuals. | ☐ B | Food addiction is a physical disorder caused by a lack of willpower. |
| ☐ C | Food addiction is a psychological disorder characterized by compulsive and excessive consumption of food. | ☐ D | Food addiction is a temporary condition that can be easily overcome with self-control. |

2. What are some common signs and symptoms of food addiction?

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| ☐ A | Increased energy levels, improved digestion, and enhanced mood | ☐ B | Cravings for certain foods, loss of control over eating, continued eating despite negative consequences, and withdrawal symptoms when not eating certain foods |
| ☐ C | Decreased appetite, weight loss, and improved concentration | ☐ D | Reduced cravings, increased self-control, and improved sleep |

3. How does food addiction affect a person's health?

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| ☐ A | Food addiction only affects a person's mental well-being, not their physical health. | ☐ B | Food addiction can lead to improved metabolism and overall health. |
| ☐ C | Food addiction has no impact on a person's health. | ☐ D | Food addiction can lead to weight gain, obesity, and related health issues. |

4. What are some common triggers for food addiction?

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| ☐ A | environmental factors, allergies, caffeine | ☐ B | lack of exercise, poor sleep, low self-esteem |
| ☐ C | genetics, lack of willpower, peer pressure | ☐ D | stress, emotions, boredom, certain foods high in sugar, fat, or salt |

5. What are some strategies to overcome food addiction?

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| ☐ A | Engaging in excessive exercise to compensate for overeating | ☐ B | Seeking professional help, creating a support system, identifying triggers and finding healthier alternatives, practicing mindful eating, and developing a balanced and nutritious meal plan. |
| ☐ C | Going on a strict diet and restricting all food intake | ☐ D | Ignoring the problem and hoping it will go away on its own |

6. How does food addiction differ from other eating disorders?

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| ☐ A | Food addiction is characterized by a compulsive craving for food, while other eating disorders involve distorted body image and extreme behaviors. | ☐ B | Food addiction only affects women, while other eating disorders can affect both men and women. |
| ☐ C | Food addiction is caused by a lack of self-control, while other eating disorders are caused by psychological factors. | ☐ D | Food addiction is a temporary condition, while other eating disorders are chronic. |

7. What are some potential consequences of food addiction?

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| ☐ A | enhanced immune function, improved digestion, reduced inflammation | ☐ B | weight loss, improved physical health, increased energy levels |
| ☐ C | decreased risk of chronic diseases, improved mental well-being, better sleep quality | ☐ D | obesity, diabetes, heart disease, high blood pressure, and mental health issues |

8. What role does genetics play in food addiction?

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| ☐ A | Food addiction is solely determined by environmental factors. | ☐ B | Genetics has no impact on food addiction. |
| ☐ C | Genetics can influence an individual's susceptibility to developing food addiction. | ☐ D | Food addiction is a choice and not influenced by genetics. |

9. What are some healthy alternatives to cope with food cravings?

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| ☐ A | drinking water, eating fruits or vegetables, practicing mindful eating, engaging in physical activity, finding healthy substitutes | ☐ B | eating junk food, indulging in unhealthy snacks, skipping meals, binge eating, emotional eating |
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10. How can family and friends support someone struggling with food addiction?

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| ☐ A | Family and friends can offer emotional support, encourage healthy habits, and help seek professional help if needed. | ☐ B | Family and friends should enable the addiction by providing unlimited access to unhealthy food. |
| ☐ C | Family and friends should criticize and shame the person struggling with food addiction. | ☐ D | Family and friends should ignore the problem and hope it goes away on its own. |